

How to cope with



anxiety

The Happy Broadcast

Don't panic, be alert



Remember that panic can spread faster than the virus. The disease causes no symptoms or is mild in 81% of cases and most infected people are cured.

Avoid exposure through frequent hand-washing and social distancing.

The Happy Broadcast

Elders need extra protection



The virus doesn't "only" kill the old and sick. But people with weak immune systems, including the elders, need extra protection and love.

Check in regularly with those affected. Helping others helps with anxiety!

The Happy Broadcast

Limit news intake



There's a thin line between being aware and living in constant fear and anxiety. You don't have to be constantly seeking information. Get the facts, not the rumors and listen to public health experts who can help navigate the path ahead.

The Happy Broadcast

Stay in touch



Find ways to talk about how you feel with others. Connect with friends and loved ones through video chats, phone calls, texting, and email. Reaching out can help you and help them.

The Happy Broadcast

Reach out for help



If you feel overwhelmed, talk to a health worker or counsellor that can help you deal with coronavirus anxiety. Have a plan for where to go to and how to seek help for physical and mental health needs if required.

The Happy Broadcast

No room for racism



The coronavirus is not an excuse to be racist. I understand that things are scary, but it's clearly wrong to be targeting people simply on the basis of their appearance. We have to take care of each other.

The Happy Broadcast

Science is on it, globally



It is the age of international science cooperation. There are preliminary works on vaccines, treatments, epidemiology, genetics and phylogeny, diagnosis, clinical aspects, etc. We have never been better prepared to fight a pandemic.

The Happy Broadcast

This won't be the last international health crisis, but hopefully the way we respond today will determine a more optimistic outcome for the future.



The Happy Broadcast